

FORMA V

PRE-TREATMENT INSTRUCTIONS

- Have an up-to-date normal PAP test and recent normal vaginal exam to ensure that there are no active infections.
- Have a consultation visit with the physician before scheduling a treatment plan.
- Please notify the physician if you have a history of **HERPES SIMPLEX VIRUS**. Prophylactic medications may be needed prior to the procedure.
- Hair should be **SHAVED** in the treatment area **24-48 hours** prior to procedure. The hair should **not be waxed or chemically removed**.
- A vaginal exam will be performed immediately prior to procedure to visualize the area that will be treated.
- **EMPTY BLADDER** immediately prior to treatment.
- **No NSAIDs** 7 days prior to treatment.
- **Avoid** anticoagulants, such as aspirin, throughout the treatment regimen. Anticoagulants can increase your risk of bleeding and bruising.
- Shower the day of procedure.
- Have all informed consent paperwork signed.
- Please notify our office if **your menstruation has started**. FORMA V is not recommended while you are menstruating. We will need to reschedule your appointment.

POST-TREATMENT INSTRUCTIONS

- Emollient cream or healing ointment will be applied to the external treatment area. Vaniply, Vaseline, antibiotic ointment or Aquaphor may be used.
- **EMPTY BLADDER** immediately after treatment.
- **ANTIBIOTICS** may be prescribed after treatment if infection is suspected. Patient is to contact the physician if there is any indication of infection, excessive swelling, redness, undue pain, or any other unusual or untoward symptoms.
- **No NSAIDs** for 7 days following treatment.
- If MORPHEUS8 was used, **TINY SCABS** may appear 1-3 days afterward and stay for several days following the treatment. The scabs **should not be touched or scratched**, even if they itch, and should be **allowed to flake off naturally**.
- During the first 2 days following FORMA V treatment, any mechanical or thermal damage to the area must be avoided. **You may resume intercourse** on the same day if you feel comfortable.
- If Morpheus8 is used in conjunction with FORMA V, **no intercourse** or anything in the vagina is recommended for 2-7 days following treatment.
- In case of vaginal discharge, a panty liner may be worn for the first day after treatment. You may experience a large amount of gel coming out after the procedure.
- Notify the physician of any abnormal discharge or odor.

VOTIVA POSSIBLE SIDE EFFECTS MAY INCLUDE

Pain: you may experience pain during or after the procedure. If you feel significant discomfort after the treatment, you may use over the counter pain medications after the procedure.

Swelling: there may be swelling in the treatment areas after the treatment, which can last up to one week in duration.

Bruising: you may experience temporary bruising in the treated area which will subside with healing.

Ecchymosis & Purpura: you may experience some temporary bruising or purple discoloration in the treatment area which will subside with healing.

Blistering/Bullae: you may experience some temporary blistering/bullae in the treatment area which will subside with healing.

Burn: you may experience a burn which can be mild, moderate or severe to different degrees in the treatment area. Minor burns generally heal without difficulty but more severe burns, though rare, can lead to scarring, sensory or pigmentary changes.

Pigmentary changes: you may experience lightening of the skin which may be temporary or permanent (hypopigmentation). You may experience temporary or permanent darkening of the skin (hyperpigmentation).

Scarring: the risk of this complication is minimal but it can occur whenever the surface of the skin is disrupted. Strict adherence to all post-operative instructions will minimize the possibility of this occurring.

Allergic reactions: it is possible to experience an allergic reaction to an anesthetic, topical cream or oral medication.

Herpes Eruption: it is possible, even with antiviral prophylaxis, to experience herpes eruption if you are an HSV carrier. Inform your doctor immediately if you experience pain, skin eruptions or blistering post-treatment so that the proper treatment can be initiated.

Infection: this treatment has the potential to cause skin damage, so infection is possible, including urinary tract infection. Infection is unlikely but can be life-threatening if it does occur and is left untreated; signs and symptoms of infection are: redness, fever, pain, pus and swelling. Should infection occur, you should contact your doctor for immediate evaluation and treatment.